

Possible **Signs** of a **Gambling Problem**

- ▶ Gambling more often,
- ▶ Gambling for more money,
- ▶ Gambling for longer periods of time,
- ▶ Gambling in spite of negative consequences, such as large losses or poor academic performance, and
- ▶ Gambling as a means to cope with loneliness, stress or depression.

Help?

There is help available for problem/ compulsive gamblers. If you think you or someone else has a gambling problem, call the National Problem Gambling Helpline for free, confidential information.

**24 Hour
Toll Free
Assistance
1-800-522-4700**

“Should we provide more money for our son’s college costs? He just spent a semester’s tuition on gambling.”

—Parent of a college student Helpline caller



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Gambling Among College Students Recreation with Risk?

“I just lost my entire semester’s tuition, room and board at the casino.”

—A 19-year-old college student Helpline caller

Gambling in the United States has changed significantly over the past several years. It is more accessible than ever before, extensively marketed and is creating problems for many college students.

Recreation?

For most college students, gambling is a social or recreational activity. It is fun and entertaining. **It does not cause problems.**

For college students who choose to gamble recreationally, the following information is essential to help insure that their gambling does not lead to problems:

1. Over time nearly everyone who gambles loses. **The benefit of gambling is almost always recreational and rarely a financial gain.**
2. Recreational gambling is most often combined with other activities and done socially with family, friends, or colleagues. **Always gamble with others and not alone.**

"I'm concerned about my roommate. She is pawning her personal belongings for money to gamble."

—College student
Helpline caller

3. Recreational gambling is done for limited amounts of time. **Set limits on how often and for how long you gamble.**
4. Recreational gambling always has predetermined limits for losses that are acceptable. **Remember, money spent on gambling needs to be considered entertainment.**

College students who are aware of this information and follow the suggestions above can significantly reduce their risk of developing a gambling problem.

Risks?

Gambling problems affecting college students occur in a variety of environments: casinos, bars or residence halls. Some are part of a compulsive gambling problem. Others are the result of foolish, risky behavior.

Gambling can be risky for those who spend a lot of time gambling and do not stay involved in other activities.

"The scholarship I received for school is gone from gambling."
—A 20-year-old college student
Helpline caller



When the game means more to you than it does to the players, it's time to stop betting on sports. Call 1-800-522-4700 for free, confidential help.